

# DINNERLY



## Reduced-Carb Spicy Sriracha Beef Stir-Fry with Zucchini Noodles and Peanuts



25 minutes



2 Servings

It's low-carb and lots of veggies on the menu tonight with this delicious beef stir-fry. Swap out noodles for long strips of zucchini for a lighter take on Thai cooking.



- 1 carrot
- 200g Chinese broccoli
- 20g peanuts <sup>5</sup>
- 1 zucchini
- 20ml sriracha chilli sauce <sup>17</sup>
- beef mince

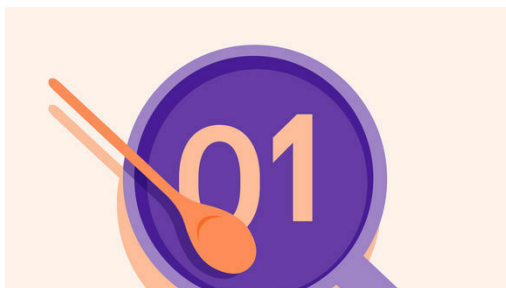
- 2 garlic cloves
- 1 tbs soy sauce <sup>6</sup>
- 1 tsp white vinegar
- 1 tsp honey
- 3 tsp vegetable oil

- julienne peeler or vegetable peeler
- medium deep frypan

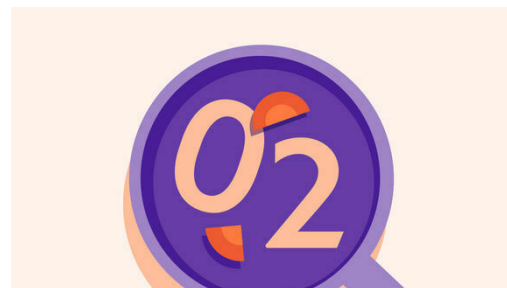
## ALLERGENS

Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

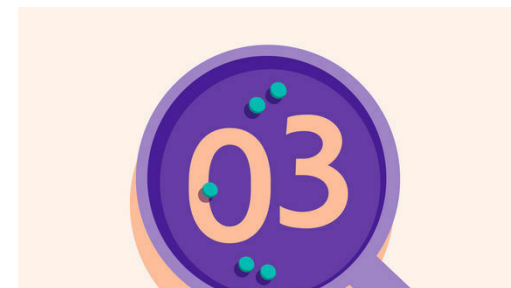
Energy 550kcal, Fat 34.8g, Carbs 13.2g,  
Proteins 42.8g



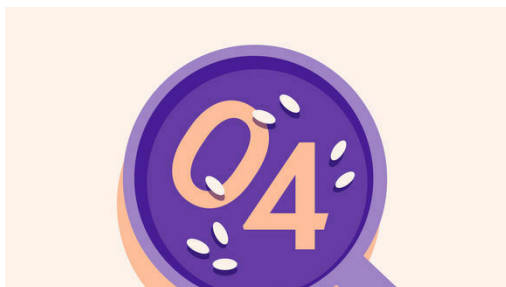
Halve the unpeeled **carrot** lengthwise, then thinly slice on an angle. Coarsely chop the **Chinese broccoli**, keeping the leaves and stems separate. Coarsely chop the **peanuts**. Crush or finely chop **2 garlic cloves**. Shred the **zucchini** using a julienne peeler or peel into ribbons with a vegetable peeler.



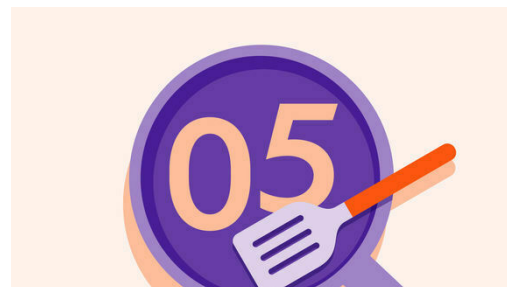
Put the **sriracha sauce** (see Did you know?), **1 tbs soy sauce**, **1 tsp white vinegar** and **1 tsp honey** in a bowl and whisk to dissolve the honey.



Heat **1 tsp vegetable oil** in a medium deep frypan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Remove from the pan.



Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the **carrot, broccoli stems** and **garlic** for 2-3 mins until starting to soften. Add the **zucchini** and stir-fry for 1-2 mins until golden. Add the **broccoli leaves** and **sauce** and stir-fry for a further 1-2 mins until the vegetables are tender.



Add the **beef** to the vegetable mixture and toss to combine. Taste, then season with **salt and pepper**. Divide the **beef stir-fry** among bowls, scatter with the **peanuts** and enjoy!



Named after the Thai town of Sri Racha, this popular hot chilli sauce is made with a mix of red jalapeños, vinegar, sugar and salt. It's sometimes called 'rooster sauce' after the image of the rooster on the label.

 **Packed in Australia**  
from at least 95%  
Australian ingredients